



precise **portions**

Nutrition Learning System

eating well made easy

**Healthy Living through
Nutrition Education and
Portion Control Systems**

The best available evidence from global health and diet-related research suggest that efficiency in activities of daily living (ADL) and productivity in routine endeavors demand good health. Seasoned and astute dietitians and nutritionists, health educators and administrators, health policy makers and advocates, corporate wellness advisors, doctors and healthcare professionals prioritize healthy living as the object of their routine activities. As with most things, there is always a learning curve and there are several ways of making healthy living happen quicker.

At Precise Portions, we have developed nutritional learning materials and Visual Portion Control Systems to assist individuals, health authorities/decision makers, clinicians, and even micro or whole communities achieve this goal.

These products improve patients' compliance with treatment regimen, enhance the healthcare personnel's capacity for counseling, education and

Our products and services are crafted to improve the overall well-being of patients, clients, associates and loved ones going through diet-related problems and complications ... to preserve the health of the entire populace!

nutrition-related therapy outcome and empower the health policy maker's ability to influence policy directions.

Moreover, a person can reap the benefits of eating healthy when they integrate portion control systems into their diet plan. We like to see the combination of our nutrition learning materials, diet delivery devices and visual learning tools as a starter pack for healthy living.



Our Mission Statement



Those We Support

For almost a decade, Precise Portions has continued to improve the eating habits & nutrition among American & global families. Our delivery devices can address diet-related issues pertaining to childhood obesity, weight loss, diabetes, heart disease, renal care (special order) pre & post surgical bariatric nutrition (special order), and the list goes on.

Precise Portions is a visual nutrition education company, founded to support Health & Wellness:

- Professionals
- Educators
- Decision Makers
- Advocates
- Policy Makers
- Diet-Related Patients
- Other Rather Healthy Individuals
- All Families

CLINICAL TRIAL DATA CONFIRMS OUR CLAIMS!

Clinical Trial Data - Proof Positive!



Eating larger portion sizes is one of the overlooked risk factors for weight gain and diabetes. This claim was substantiated by a clinical trial research carried out by Eva Almiron-Roig, et al. on the Precise Portions nutritional plates and published in the British Journal of Nutrition. The study showed clearly that Precise Portion tools are effective in significantly reducing the self-selected portion sizes for unhealthy food.

*Respondents lost about 1lb/week during the 4 week usage period of the study.

EXPERIENCE THE PRECISE PORTIONS RANGE OF SYSTEMS



The Go-Healthy Travel System

Keep your health on the fast track when you leave the house. Our on-the-go line ensures that all your mobile meals and snacks are pre-portioned to meet your nutritional needs. Goodbye impulse-buy guilt! Easy professional portion control is at your fingertips with our handy, lightweight travel line. BPA-free, microwave & dishwasher safe with snap-tight lids, the **Go-Healthy Travel System** is your companion. This lunch bag is perfectly sized with 2-compartments for meals & snacks and additional personal items such as cell phone, keys, etc.

Retail Pack 4 - 9 inch Go-Healthy Travel Plates & System Disc

9 pieces

Item Code: PP3SB-4-QS

Combo Lunch Bag, Pack 4 Go-Healthy Travel Pack & System Disc

10 pieces

Item Code: PP3SB-4-LB

Single Lidded 9 inch Go-Healthy Travel Plate

2 pieces

Item Code: PP3SB-1

Stor 'n Go Lunch Bag, 3 sections

1 piece

Item Code: PP-LB1

6-Panel Grease-Proof Placemat

1 piece

Item Code: EDISC-1-QSNP

System Disc

1 piece

Item Code: EDISC-1



Private Label Customization

To reflect your taste, ideals and brand values, we also provide a product service called Private Label Customization. We actually write whatever you want on your product! This shows how much we value our clients. Please contact us directly for pricing (based on quantity and custom image details).

Contact Us for More Information at
Phone: 1-866-591-3438 (DIET)
Email: info@PrecisePortions.com



The Family Lifestyle Porcelain System

Our stylish and innovative range of visual portion control systems guarantee that you and your family get professional nutritional guidance with every meal and snack. No need to measure or weigh a thing, just fill your plate and lose weight. Invest in our fuss-free line, **The Family Lifestyle Porcelain System**, to optimize health and expertly manage weight. Expert dietary guidance is right where it needs to be, at the kitchen table.

Healthy Lifestyle BASIC Nutrition & Portion Control System Kit

4 pieces

Item Code: PPNCS-FPS1

Complete Lifestyle Starter Weight loss System

8 pieces

Item Code: PPNCS-FPS1

10 inch Lifestyle Rim Plate without food-group guidelines

2 pieces

Item Code: PPNCS-2LRP

9 inch FOCUS Plate with visual food-group guidelines

1 piece

Item Code: FCP-1

8 oz Cereal & Soup Bowl with 4 oz guidelines

1 piece

Item Code: PPB-1

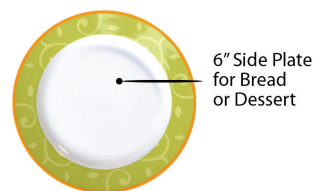
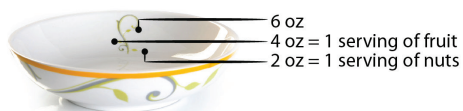
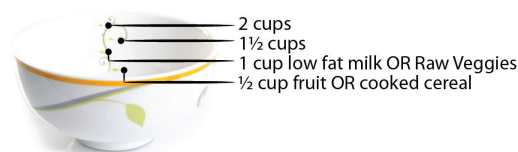
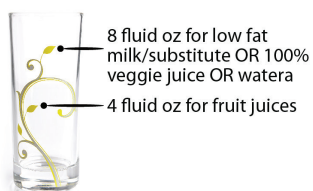
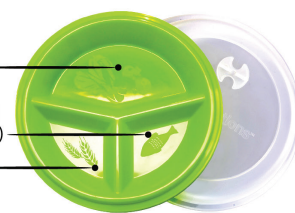
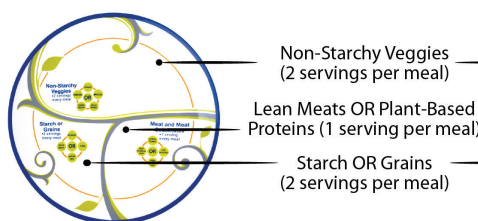
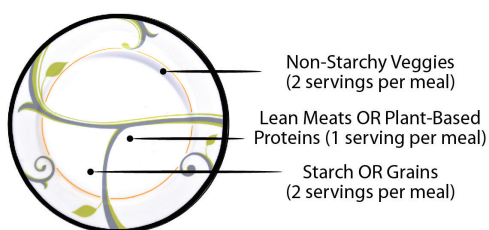
10 oz Beverage Glass with 4 oz guidelines

1 piece

Item Code: PPG-1



Just Follow the Guiding Lines



Guesswork? Gone!



The Show 'n Tell Nutrition System

The Show 'n Tell Nutrition is a learning System for Kids. Start children on the right path to a lifetime of smart nutrition by investing in our **Show 'n Tell Nutrition Learning System**. Our bright and brilliant visual learning kids' line makes healthy eating fun, easy and engaging. And our fun caricatures make learning about nutrition child's play!

Know-It-All Nutrition Kit includes 1-36 page Quick Start Guide; 1-7 inch Plate with Lid, Fork & Spoon; 1 Placemat Wheel; 1 Nutrition Flash Card Set
11 piece
Item Code: PPK-NLS1-VAL1

Single Lidded Nutrition Start-Right 3-Section 7 inch Plate with Fork & Spoon
4 pieces
Item Code: PPK-PK1PL
Spanish version: PPK-PK1PL-SPAN

Single Lidded Nutrition Start-Right 3-Section 7 inch Plate without Lid & Utensils
1 piece
Item Code: PPK-PK1PL-exLD
Spanish version: PPK-PK1PL-exLDSPAN

Start-Right 6 oz Bowl & Lid Set with 2 oz Graduations
2 pieces
Item Code: PPK-PK1BWL

Start-Right 6 oz Cup & Lid Set with 2 oz Graduations
2 pieces
Item Code: PPK-PK1CP

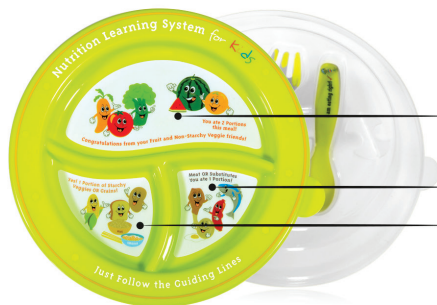
12 Pack Multi Forks (6) & Spoons (6)
12 pieces
Item Code: PPK-PK6SPFRK

9 inch Grease-Proof Double-Sided Placemat Wheel
1 piece
Item Code: PPK-PKWHL
Spanish version: PPK-PKWHL-SPAN

Show 'n Tell Double-Sided Nutrition Flash Cards
1 pack of 52 cards
Item Code: PPK-FC52



Just Follow the Guiding Lines



Non-Starchy Veggies
(2 servings per meal)

Lean Meats OR Plant-Based
Proteins (1 serving per meal)

Starch OR Grains
(1 serving per meal)



6 oz | 177ml | 3/4 cup

4 oz | 118ml | 1/2 cup

2 oz | 59ml | 1/4 cup



4 oz | 118ml | 1/2 cup

2 oz | 59ml | 1/4 cup

Guesswork? Gone!



The Disposable/ECO Party System

Stay in Mother Nature's good books by investing in our 100% compost-able range – **The Eco Compost-able Picnic Line**. Al Fresco eating just got ethical with our 100% recyclable fiber products – the perfect portion-control system for BBQ's, picnics, church or office functions and garden parties. Great for the classroom as teaching aids. Good for you & Good for the Planet! 100% Earth-safe Bagasse Natural Fiber, White.

9 inch 3-Section Starter Plates with visual guidelines

25 pack

Item Code: PP9-3SCP-25

10 inch Dinner Plates with visual food guidelines

25 pack

Item Code: PP10CP-25

6 inch Side Plates, perfect for portion-controlled dessert, snacks or sides

25 pack

Item Code: PP6CSP-25

16 oz (2 cup) Bowl with 1/2 cup visual guidelines

25 pack

Item Code: PP16CB-25

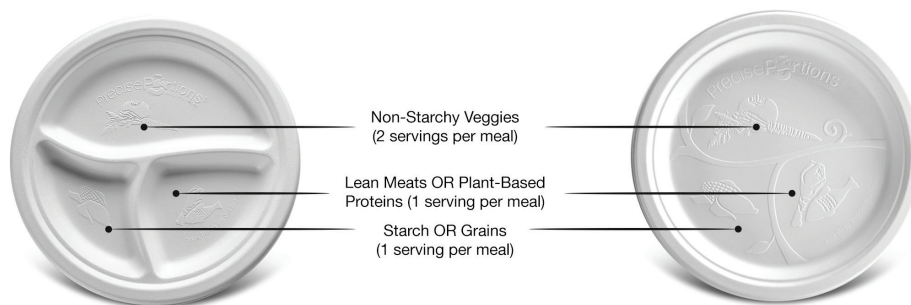
10 oz Cups with 4 oz visual guidelines

25 pack

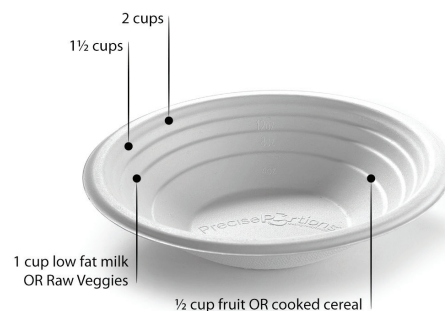
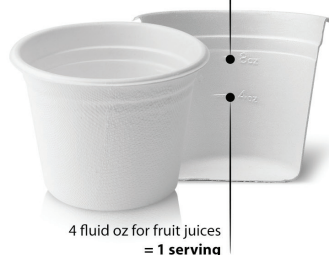
Item Code: PP10CC-25



Just Follow the Guiding Lines



8 fluid oz for low fat milk / substitute
OR 100% veggie juice OR water
= **1 serving**



Guesswork? Gone!



precise portions

Nutrition Learning System

eating well made easy

WHAT SHOULD I DO NOW!

Many of our clients are proud to be a part of our success story and are enjoying our products. Healthcare professionals around the U.S. and beyond are also making a huge difference in the lives of the people they serve. Share in their experience today. Grab your own products or contact one of our offices for more information.

www.PrecisePortions.com

Founders | Ed & Ann-Marie Stephens

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